

Program Outcomes

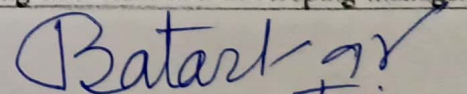
Name of Program: MPED (MASTER OF PHYSICAL EDUCATION)

No. Of Courses: 36

Graduate Attributes: Disciplinary Knowledge, Critical Thinking, Problem Solving, Analytical Reasoning, Communication Skills, Teamwork, Moral and Ethical Awareness

Program Outcomes		
PO1	Disciplinary Knowledge	The student will be able to develop knowledge and understanding of the field of physical education
PO2	Critical thinking	The students will be capable of analysing and identifying the implication of physical education and will critically evaluate for development of knowledge of physical education
PO3	Problem solving	The students will inculcate the capacity to apply ones learning to real life situations by class room teaching
PO4	Cooperation & team work	The student will be capable of working in coordination as a team by organisation of various events (sports meet, tour etc.)
PO5	Analytical Reasoning	The students will be able to evaluate the relevance of evidences in physical education and providing proper reasoning for the same
PO6	Research related skill	The students will be capable of finding out the problems for research and drawing conclusions from the data with presentations of reports and results of the experiment investigation
PO7	Communication Skills	The students will be able to express their ideas effectively through classroom teaching and ground lessons by using various means(Audio visual aids, charts, etc)
PO8	Scientific Reasoning	The students will be able to analyse interprets and draw conclusions by systematic way in implementations of physical education professions.
PO9	Reflective Thinking	The students will be capable of critical sensibility by lived experiences of lesson plans for class room teachings.
PO10	Information / Digital Literacy	The students will be able to use digital ways in learning situations and in skill demonstration in sports and also be able to use software for analysis of data for research
PO11	Self directed learning	The students will develop the ability to identify the proper resources and work independently for the proper managements and completion of project
PO12	Multicultural competence	The students will attain the knowledge of values and beliefs of variety of cultures through contacts with diverse groups
PO13	Moral and ethical awareness / reasoning	The students will be able to embrace the ethical values in their life as a good teacher
PO14	Leadership	The students will be able to develop leadership qualities by working in a team and developing management skills in an




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	readiness/qualities	effective way.
PO15	Lifelong learning	The students will be able develop self as skilled individuals with competitions and employability

Program Matrix

Name of Program: MPED (MASTER OF PHYSICAL EDUCATION)

(Low Correlation = L/1 ; Moderate Correlation = M/2 ; High Correlation = H/3)

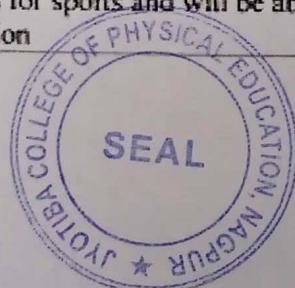
Course Outcomes (COs)		Program Outcomes (POs)														
		Domain Specific (PSO)														
Course Name: Research Process in Physical Education & Sports Science		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
CO1	The student will be able to understand basic and advanced level of knowledge and related to research.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	The student will be able to critically analysis and evaluate the problem of research.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO3	The student will be able to solve research problem systematically	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO4	The student will be able to evaluate the reliability of evidence and analysis and synthesis data from sources	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO5	The student will be to plan and write a research assignment	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO6	The student will be able to analysis data with ICT	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
Course Name: Physiology of Exercise																
CO1	The student will acquire knowledge and skill of the human physiology	H	M	L	H	M	M	L	H	H	H	H	L	L	M	H
CO2	The student will develop a sense of inquiry for further research	H	M	L	H	M	M	L	H	H	H	H	L	L	M	H
CO3	The student will be able to use ICT in a variety of learning and demonstration activities.	H	M	L	H	M	M	L	H	H	H	H	L	L	M	H



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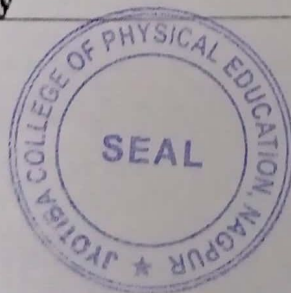
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CO4	The student will be able to work independently in terms of reading literature of available test.	H	M	L	H	M	M	L	H	H	H	H	L	L	M	H
CO5	The student will be able to create and maintain positive attitude to learning personal and professional development.	H	M	L	H	M	M	L	H	H	H	H	L	L	M	H
Course Name: Yogic Sciences																
CO1	The Students will be able to explain the concept of yoga.	H	H	H	H	H	M	H	H	H	M	H	H	H	H	H
CO2	The students will be able to critically analyze yoga documents to classify them properly	H	H	H	H	H	M	H	H	H	M	H	H	H	H	H
CO3	The students will be able to cope with complex problems in day to day life	H	H	H	H	H	M	H	H	H	M	H	H	H	H	H
CO4	The students will get knowledge of own values, skill, strength and weaknesses	H	H	H	H	H	M	H	H	H	M	H	H	H	H	H
CO5	The students will identify the relevance and importance of yoga as science	H	H	H	H	H	M	H	H	H	M	H	H	H	H	H
CO6	The students will be able to infer, cherish and practice human values through yoga	H	H	H	H	H	M	H	H	H	M	H	H	H	H	H
Course Name: Test, Measurement and Evaluation in Physical Education (E)																
CO1	The students will be able to understand the concept of Test ,Measurement and Evaluation and its importance in physical education	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO2	The students will be able to evaluate the reliability and relevance of evidence of test and will draw valid conclusions	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO3	The students will develop the ability to recognise cause and effect relationship	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO4	The students will be able to draw conclusions from data	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO5	The students will be able to self directed learning aiming at personal development	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
Course Name: Sports Technology (E)																
CO1	The students will be able to know the concept of technology in sports	H	H	L	H	M	M	L	H	H	H	H	L	L	H	H
CO2	The students will inculcate competence to solve different non familiar problems of sports and will apply learning to real life situations	H	H	L	H	M	M	L	H	H	H	H	L	L	H	H
CO3	The students will be able to use self awareness and reflexivity of self and of sportsmen in society	H	H	L	H	M	M	L	H	H	H	H	L	L	H	H
CO4	The students will identify appropriate resources for sports and will be able to manage the organizations though to competition	H	H	L	H	M	M	L	H	H	H	H	L	L	H	H



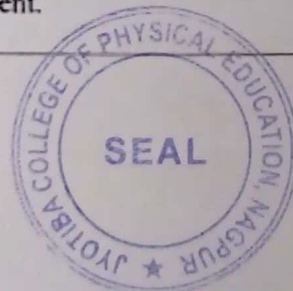
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CO5	The students will be able to work on personal development and will be able to adaptable to changing demands	H	H	L	H	M	M	L	H	H	H	H	L	L	H	H
	Course Name: Practical Course															
	(MPPC-101 – Track and Field)															
CO1	The students will be capable of demonstrating comprehensive knowledge of Track and Field along with the ability to acquire skills and work on development of skills	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
	(MPPC-102 – Laboratory Practical)															
CO1	The students will develop knowledge and understanding to conduct basic test related to sports psychology, sports biomechanics and kinesiology and physiology of exercises	H	H	M	H	H	M	M	H	H	M	H	L	L	H	H
	(MPPC-103 – Yoga)															
CO1	The student will develop skills of performing basic yogasanas and kriyas	H	H	H	H	H	H	H	H	H	M	H	H	H	H	H
CO2	The student will develop skills of performing techniques of aerobics/self defence/Martial Arts/Tackwondo /Shooting /archery	H	H	H	H	H	H	H	H	H	M	H	H	H	H	H
	(MPPC-104– Adventure Activities / Mass Demonstrations)															
CO1	The students will be able to perform mass demonstration activities and participate in adventure Activities	H	H	H	H	M	H	H	M	M	H	H	H	M	H	H
	SEMESTER -II															
	Course Name : Applied Statistics In Physical Education & Sports Science															
CO1	The student will be able to develop the knowledge and understanding of statistics and its application in Physical Education & Sports.	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO2	The student will be able to evaluate the reliability and relevance of evidence and draw valid conclusion of data.	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO3	The student will be able to analysis interpretation and draw conclusion from quantitative/qualitative data.	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO4	The student will develop capability to use ICT for evaluation and analysis of data.	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
CO5	The student will be able to work independently and manage research through statistics.	H	H	M	H	M	M	H	H	H	M	H	L	L	H	H
	Course Name: Sports Biomechanics & Kinesiology															



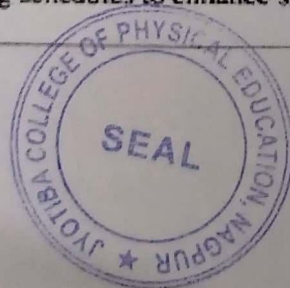
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CO1	The student will be able to understand basic and advanced of sports biomechanics and kinesiology.	H	H	M	H	H	L	L	H	H	H	H	L	L	M	H
CO2	The student will be able to apply knowledge of biomechanics and kinesiology in to real performance in sports	H	H	M	H	H	L	L	H	H	H	H	L	L	M	H
CO3	The student will be able to use digital research presentation of sports skill.	H	H	M	H	H	L	L	H	H	H	H	L	L	M	H
CO4	The student will be able to develop new methods or pattern for enhancement in sports skill.	H	H	M	H	H	L	L	H	H	H	H	L	L	M	H
CO5	The student will be able to meet most challenge related to performance.	H	H	M	H	H	L	L	H	H	H	H	L	L	M	H
Course name: Athletics Care And Rehabilitation																
CO1	The student will be able to understand major concept, principal and theories related to athletics care and rehabilitation of sports person.	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO2	The student will be able to think critically for solving various problems pertaining to sports injury management.	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO3	The student will be able to develop ability to cope with complex problem in injury management and rehabilitation.	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO4	The student will be able to work independently and will be able to proper time management for athletic care and rehabilitation of sports person.	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO5	The student will develop carrier competition through regular athletic care camps on competition.	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
Course Name : Sports Journalism And Mass Media																
CO1	The student will be able to acquire knowledge regarding mass media and its role in sports.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	The student will be able to embrace ethics of journalism	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO3	The student will be able to use critical concept of journalism	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO4	The student will be able to express their thoughts and ideas effectively in writing and orally.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO5	The student will be able to plan and write reports based on research in sports.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
Course name: Sports Management And Curriculum Designs In Physical Education																
CO1	The student will be able to learn sports management.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H



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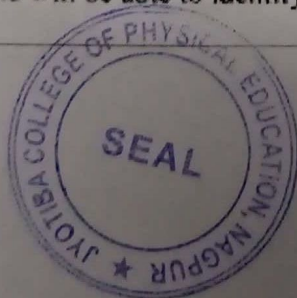
CO2	The student will develop the ability to think critically for solving various problems pertaining to the sports management.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO3	The student will be able to practise efficient cooperation to perform task in timely management.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO4	The student will develop the ability to work with relative autonomy which will provide foundation for future leadership roles..	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO5	The student will acquire reflective thinking for making judgments about the management of sports events.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
Course Name: Practical Course																
(MPPC-201 – Track and Field)																
CO1	The students will be able to demonstrate and program skills of track and field	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
(MPPC-202 – Games Specialization)																
CO1	The students will be able to develop skills and knowledge related to specified games.	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
(MPPC-203 – Teaching Lessons Of Indigenous Activities & Sports)																
CO1	The Students will be able to be competent for profession by working independently and learning in real life situations by on ground teaching lessons.	H	M	M	M	H	M	H	M	M	M	H	H	M	H	H
(MPPC-204 – Class Room Teaching)																
	The Students will be able to meet challenges faced by teachers in class by live experience of teaching in real life situation.	H	H	M	H	H	M	H	H	M	H	M	M	H	H	H
SEMESTER -III																
Course Name: Scientific Principles Of Sports Training																
CO1	The students will acquire knowledge of sports training and its scientific basis	H	H	H	H	H	M	H	H	H	M	H	L	M	H	H
CO2	The students will be able to analyze the importance of sports training in performance	H	H	H	H	H	M	H	H	H	M	H	L	M	H	H
CO3	The students will be able to classify various training plans in sports training	H	H	H	H	H	M	H	H	H	M	H	L	M	H	H
CO4	The students will develop ability to understand the logical connection between sports performance and sports training	H	H	H	H	H	M	H	H	H	M	H	L	M	H	H
CO5	The students will be able to develop training schedules to enhance skill and performance of sportsmen	H	H	H	H	H	M	H	H	H	M	H	L	M	H	H



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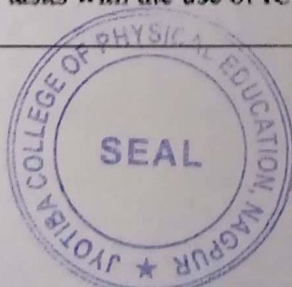
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	Course Name :Sports Medicine															
CO1	The students will learn concept of sports medicine and various method of prevention and management of sports injuries	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO2	The students will acquire the skill related to rehabilitation of injuries through exercise as therapy	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO3	The students will be able to carry implications of theory in to practical by visiting physiotherapy centres	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO4	The students will be able to cope up with complex problem during injury incidences in sports	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
CO5	The students will develop skills required for profession	H	H	H	H	M	M	H	H	H	M	H	M	M	H	H
	Course Name: Health Education And Sports Nutrition															
CO1	The students will develop the understanding of importance of health and nutrition	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO2	The students will develop the ability to think about well being of others and work on its through services	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO3	The student will develop the ability of social inclusion, active citizenship by the means of awareness programmes of health and sports Nutrition	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO4	The students will be able to work and learn innovative ideas to investigate problems related to health and have solutions to it	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO5	The students will have the deep knowledge regarding role of Nutrition in sports and importance of weight management	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
	Course Name: Physical Fitness And Wellness (E)															
CO1	The students will be able to understand the basic and advance knowledge of physical fitness and wellness	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO2	The students will be capable of applying analytical thought to the importance of fitness and wellness to common person	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO3	The students will be able to replicate curriculum content and apply knowledge of physical fitness and wellness to real life situation	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO4	The students will be able to develop new techniques for maintaining fitness and wellness of society	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H
CO5	The students will be able to think logically and will be able to identify logical flows in the process	H	H	H	H	M	H	H	H	H	M	H	H	H	H	H



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	Course Name: Sports Engineering (E)															
CO1	The students will develop the ability to understand the basics of sports engineering	H	H	M	H	H	M	H	H	H	H	H	M	M	H	H
CO2	The students will develop sense of analytic reasoning for sports	H	H	M	H	H	M	H	H	H	H	H	M	M	H	H
CO3	The students will be able to classify mechanics of engineering materials and sports dynamics	H	H	M	H	H	M	H	H	H	H	H	M	M	H	H
CO4	The students will get working knowledge of current high technology for building and maintenance of sports infrastructure	H	H	M	H	H	M	H	H	H	H	H	M	M	H	H
CO5	The students will develop the thinking of well being of others , public safety, safety control legal compliance of sports engineering	H	H	M	H	H	M	H	H	H	H	H	M	M	H	H
	Course Name: Practical Course															
	(MPPC-301 – Track and Field)															
CO1	The students will be able to learn and perform track and field activities (Throwing) and Gymnastic/swimming	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
	(MPPC-302 – Game Specialization)															
CO1	The students will be able to know advancement in their respective games and skill performance	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
	(MPPC-303 – Coaching Lessons of Track & Field)															
CO1	The students will be able to learn coaching skill in real life situation with coaching lesson of track and field	H	M	M	M	H	M	H	M	M	M	H	H	M	H	H
	(MPPC-304 – Coaching Lessons of Game Specialization)															
CO1	The students will develop coaching skill of game specialization which makes them capable of self paced and self directed learning aimed at personal development	H	H	M	H	H	M	H	H	M	H	M	M	H	H	H
	SEMESTER -IV															
	Course Name: Information & communication Technology (ICT) in Physical Education.															
CO1	The Students will be able to learn basics of ICT in physical Education.	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
CO2	The Students will be able to use digital resources for gathering information.	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
CO3	The Students will be capable of using technology for teaching learning process.	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
CO4	The Students will be able to conduct research tasks with the use of ICT and will draw conclusion with the help of ICT	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H



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CO5	The Students will be able to use web based learning and use visual classroom for teaching.	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
	Course Name: Sports Psychology															
CO1	The Students will be able to learn need and importance of sports psychology.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO2	The Students will be able to cope up with complex problems and goal settings in sports.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO3	The Students will be able to work effectively in diverse condition as team through group cohesion.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO4	The Students will develop the ability to work and learn independently and effectively through self motivation.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
CO5	The Students will be able to understand the scientific process in psychology	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
	Course name: Value and Environment Education															
CO1	The Students will be to understand the basic and importance of environment.	H	H	H	M	M	H	H	H	H	M	H	H	H	H	H
CO2	The students will be to apply ethical standards to attain truthful actions in all aspects of life.	H	H	H	M	M	H	H	H	H	M	H	H	H	H	H
CO3	The students will be able to learn new thing for social change and life affirming endeavours.	H	H	H	M	M	H	H	H	H	M	H	H	H	H	H
CO4	The students will develop knowledge of the values and belief of global perspective in regards to environments education.	H	H	H	M	M	H	H	H	H	M	H	H	H	H	H
CO5	The students will be able to try it on the justification of one's own beliefs and values.	H	H	H	M	M	H	H	H	H	M	H	H	H	H	H
	Course name: Education Technology in Physical Education and sports(E)															
CO1	The students will be able to understand the importance of educational Technology in Physical Education & Sports	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
CO2	The students will be able to read and analyse text through e learning modules	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
CO3	The students will be able to be competent and reliable by producing work through the use of education technology	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
CO4	The students will develop and maintain a positive attitude to learning for personal and professional use	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H



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CO5	The students will develop and identify the relevance and importance of ideas related to Education Technology in Physical Education and sports	H	H	M	H	H	M	M	H	H	H	H	L	M	H	H
	Course Name: Dissertation (Elective)															
CO1	The students will be able to do intensive search, investigation and critical analysis to a specific research question or hypothesis.	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H
	Course Name: Practical Course															
	(MPPC-401 – Track and Field)															
CO1	The students will be able to learn and perform track and field activities (Decathlon) and Gymnastic/swimming	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
	(MPPC-402 – Game Specialization)															
CO1	The students will be able to know advancement in their respective games and skill performance	H	H	H	H	M	H	H	H	H	L	H	L	M	H	H
	(MPPC-403 – Officiating Lessons of Track & Field)															
CO1	The students will be able to learn official duties skill in real life situation with coaching lesson of track and field	H	M	M	M	H	M	H	M	M	M	H	H	M	H	H
	(MPPC-404 – Officiating Lessons of Game Specialization)															
CO1	The students will develop coaching skill of game specialization which makes them capable of self paced and self directed learning aimed at personal development	H	H	M	H	H	M	H	H	M	H	M	M	H	H	H



Batar...
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